

The Process of Change

Change is often difficult and it is always accompanied by the unexpected. Perhaps we are aware of many of the issues we will face with a given change in our lives whether we are moving from one location to another or with a new job or some change in our families. Almost any change we experience has the expected issues. It is the unexpected “stuff” we can’t see that brings the most anxiety and especially when it creeps up on us unaware.

When considering the concept of change with regard to personal growth, the inevitable expected/unexpected dichotomy applies as well. Whether I am seeking to correct a negative habit or I am working on relational skills or a personality issue, the unexpected always occurs in that growth process. However, it is the expected stuff we need to remember and we need to spend some time thinking through it. What are some steps to change? I think there is a few that always apply. I would suggest the following four: teaching, conviction, correction, and disciplined training.

Teaching means that I need to become as educated on the changes I need to make as possible on both the negative as well as the positive aspects of the needed change. I need to seek out the truth and apply it diligently. Conviction will occur as I find the truths which apply in any given change and the need to change. As I realize where I have been wrong or my thinking is flawed, conviction urges me on to make the necessary changes. Correction means that I have identified the steps I need to make in changing myself and I have made the necessary decisions regarding the new steps or principles I must follow. Disciplined training means that I am working daily to make these new steps or principles a habit.

I hope this will help you as you move through change and I pray for your success. Blessings.